

## Stress Indicators

<b>Cognitive</b>	<b>Emotional</b>	<b>Behavioural</b>	<b>Physical</b>	<b>Spiritual</b>	<b>Relation- ships</b>	<b>At Work</b>
Lowered Concentration	Powerless	Impatient	Worsening of previous medical issues	Question the meaning of life	Withdrawal or isolation	Low Morale
Less self-esteem/self efficacy	Guilt	Withdrawn	Sweating	Loss of purpose	Decreased interest in intimacy	Low motivation
Apathy	Anger	Moody	Rapid breathing or heart rate	Hopelessness or inner emptiness	Mistrust	Task avoidance
Rigidity	Negativity	Sleep disturbance or nightmares	Rashes or skin irritations	Anger at God	Low interest in family activities	Obsession re: details
Disorientation	Numbness	Missing appointments or days at work	Headaches or twitching	Question religious beliefs	Over-protective as parent/ spouse	Increase in staff conflicts
Perfectionism	Fear of 'losing it'	Excessive crying	Dizziness	Loss of faith	Intolerance	Negativity
Thoughts of self harm or suicide	Sadness or helplessness	Change in appetite	Impaired immune system	Greater degree of skepticism	Loneliness	Lack of appreciation
Forgetfulness	More sensitive than usual	Hyper vigilance	Abdominal or stomach pain	Morbid fear of death	Increase in interpersonal conflicts'	Detachment
Obsessive thoughts about one topic	Irritable or on edge	Excessive drinking or smoking	Numbing or tingling	Fear your life has been wasted	Increase sarcasm or negativity	Poor quality of work